

MY LIFE
MY QUIT™

Get the Support You Need to Stop Vaping

See why thousands of teens are choosing to stop vaping with **My Life, My Quit.**™

QUIT VAPING WITH FREE:

- Easy-to-follow **tips and quit plans** just for teens
- **Non-judgmental support** available 24/7
- **Text and e-chat coaching** that's 100% confidential

PICK ONE TO ENROLL:

Text **"Start my Quit"** to **36072**

Call **855-891-9989**

Go to **MyLifeMyQuit.com**



My Life, My Quit™ is a FREE program offered by the Hawai'i Tobacco Quitline for youth 17 and younger.

Check out [MyLifeMyQuit.com](https://www.mylifemyquit.com) for more information and resources.